

## North Carolina

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

[www.nchealthyweight.com](http://www.nchealthyweight.com)

[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

### The Epidemic

57% of North Carolina adults are overweight or obese.  
(CDC BRFSS, 2002)

20% of non-Hispanic white adults, 38% of non-Hispanic black adults, and 18% of Hispanic adults in North Carolina are obese. (CDC BRFSS, 2002)

27% of North Carolina high-school students are overweight or at risk of becoming overweight.  
(CDC YRBSS, 2003)

The obesity rate of North Carolina adults increased by 82% from 1990 to 2002. (CDC BRFSS, 1990, 2002)

### Recent Accomplishments and Products

- Formed the N.C. Consensus Panel to recommend standards for all foods available in schools.
- Held a retreat for N.C. 5 A Day stakeholders.
- Held a School Consultant Regional Meeting.
- Held a Healthy Eating Summit.
- Developed a new instrument to collect data on physical activity and nutrition behaviors of children seen in all N.C. health departments.
- Awarded grants to 15 local communities to implement strategies that advance recommendations in the state plan.
- Established a Physical Activity and Nutrition Grant Advisory Council.

### New Partners

East Carolina University School of Medicine  
Local health departments  
Local physical activity and nutrition coalitions  
North Carolina Academy of Family Physicians  
North Carolina Alliance for Athletics, Health,  
Physical Education, Recreation, and Dance  
North Carolina 5 A Day Coalition  
NCDPH Chronic Injury and Disease Section  
NCDPH Women's and Children's Health Section  
North Carolina Smart Growth Association  
North Carolina State University  
U. of N. Carolina-Chapel Hill School of Public Health  
SAS Institute

### Program Priorities

The North Carolina state plan includes three documents:

- *Moving Our Children Toward a Healthy Weight: Finding the Will and the Way*, a leadership plan designed to raise awareness and stimulate discussion and action.
- *The North Carolina Blueprint for Changing Policies and Environments in Support of Healthy Eating*.
- *The North Carolina Blueprint for Changing Policies and Environments in Support of Physical Activity*.

Effective July 1, 2004, North Carolina will be funded at the Basic Implementation level.

One intervention pilot project is being evaluated: The Nutrition and Physical Activity Self-Assessment for Child Care (NAP-SACC) Project is a pilot intervention in 15 child care centers aimed at improving nutrition and physical activity environments and practices through self-assessment and targeted technical assistance.

### Upcoming Events and Products

- Six regional trainings on environmental change for local health promotion coordinators
- Follow-up interviews and a focus group for evaluation of the NAP-SACC intervention.
- A Breast-feeding Addendum to the state plan
- School food standards to promote local and state policies and environmental changes.

Project Period: 2003-2008

Year First Funded: 2000

Funding Stage: **Capacity Building**

Contact Person: **Cathy Thomas, MAED, CHES**  
Project Coordinator

North Carolina Division of Public Health

Telephone: 919-715-3830

Fax: 919-715-0433

E-mail: [cathy.thomas@ncmail.net](mailto:cathy.thomas@ncmail.net)



Last update: June, 2004  
[www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

